

Spicy Oven-Baked Chicken

Cook time: 1 hour, 0 minutes

Makes: 8 Servings

Chicken thighs coated in hot sauce, mustard, thyme and garlic are oven baked for a tender and simple chicken dish.

Ingredients

- 8 large chicken thighs (trimmed of excess fat)
- 6 **teaspoons** hot sauce
- 2 **teaspoons** yellow mustard
- 2 **teaspoons** dried thyme
- 2 **cloves** garlic (peeled and minced)
- 1 **teaspoon** salt
- 1 **teaspoon** black pepper

Directions

1. Put chicken, hot sauce, mustard, thyme and garlic in the bowl and mix well. Cover and refrigerate at least one hour or up to 24 hours.
2. Heat the oven to 450 degrees.
3. Put the chicken on a baking sheet and sprinkle with the salt and pepper.
4. Place in the oven and bake about 50 minutes until crispy and crackling. Serve right away.

USDA Center for Nutrition Policy and Promotion



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	151	
Total Fat	7 g	11%
Protein	20 g	
Carbohydrates	1 g	0%
Dietary Fiber	0 g	0%
Saturated Fat	2 g	10%
Sodium	400 mg	17%

MyPlate Food Groups

Protein Foods	3 ounces
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